

#340



UNIVERSITY OF IDAHO
College of Agriculture

PLANNING FOODS FOR YOUR FAMILY

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UNIVERSITY OF HAWAII
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WORKING OUT YOUR

ONCE you have determined the amount of food your family needs for one year, you will need to consider how much can be produced at home and how much will need to be purchased.

The following information is designed to help you make your annual food plan.

VEGETABLES — FRUITS

When planning a home garden, consider the likes and dislikes of the family. Be sure to include all kinds of vegetables in the planting such as "leafy, root, and fruit" to assure a proper diet.

If the rows are spaced 3 to 3½ feet apart, a well-kept ¼ to ⅓ acre garden should provide an ample supply of vegetables for a family of five. Additional space will be required for potatoes.

The following planting guide is designed to supply ample fruit, under average conditions for a family of five:

Small Fruits: 250 strawberry plants; 50 blackberry, raspberry, boysenberry, or dewberry plants; 10 grape vines.

Large Fruits: If trees available fruit from one tree of each type will be sufficient.

MILK

An average Idaho dairy cow produces about 600 gallons of milk in 10 months. One gallon yields 1 lb. cream cheese, or 1¼ lb. cottage cheese, or 4/5 lb. cheddar cheese. The following quantities are equivalent (in terms of calcium) to 1 cup of milk:

Cheddar cheese — 1½ ounces, ⅔ cup grated.
Cream cheese — 15 ounces or nearly 2 cups.

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Cottage cheese—11 ounces or about $1\frac{1}{2}$ cups.

Ice cream—2 - 3 large dips.

MEAT, POULTRY, FISH

Beef and lamb dress out about 45-60 percent live weight, depending on grade, sex, and age; hogs about 70 percent of live weight. A 200 lb. hog yields about 25 lbs. each of lard and bacon, 100 lbs. of other pork cuts. One lb. of fish yields an average of $\frac{1}{3}$ lb. edible portion; chickens dress out about 70 - 75 percent live weight, turkeys about 84 percent.

EGGS

Eighteen hens at 55 percent production produce 10 eggs per day, making 300 dozen per year.

BUTTER AND OTHER FATS

One gallon of lard weighs 8 lbs. One quart of 40 percent cream yields 1 lb. butter; $2\frac{1}{2}$ gallons of 4 percent milk yield 1 lb. butter. Two cups of butter or lard equal 1 lb.

SWEETS

Estimate the amount of sugar needed for preserving by allowing about 1 lb. of sugar for each 4 quarts of canned or frozen fruit and 1 lb.

One gallon of lard weighs 8 lb. One quart sugar weigh 1 lb.

OTHER FOOD BULLETINS AT YOUR COUNTY EXTENSION OFFICE

ASK FOR:

- H. G. 8 "Home Canning of Fruits and Vegetables"
- H. 10 "Home Freezing of Fruits and Vegetables"
- FB-1939 "Home Storage of Vegetables and Fruits"
- FB-2075 "An American Type Cheese—How To Make It for Home Use"
- H. G. 47 "Do You Get Enough Milk"
- Mimeo "Cottage Cheese—How to Make it at Home"
- FB-2017 "Clean Milk Production"
- L 408 "Facts About Pasteurization of Milk"
- L 409 "The Price of Milk"
- AWI-108 "Curing Pork, Country Style"
- H. G. 6 "Home Canning of Meat"
- AWI 75 "Freezing Meat and Poultry Products for Home Use"
- Leaflet "Chicken in the Freezer"
- No. 278 "Raw Garbage Spreads Animal Disease"
(Prepared by Bureau of Animal Industry and Research Administration U.S.D.A.)
- L 310 "U. S. Grades for Beef"
- FB-1415 "Beef on the Farm, Slaughtering, Cutting, Curing"
- FB-1186 "Pork on the Farm, Killing, Curing, Canning"
- L 428 "Trichinosis"
- Mimeo "Freezing Eggs At Home"
- L 264 "Know Your Butter Grades"
- H. G. 56 "How to Make Jams, Jellies, and Preserves at Home"

At your County Extension Office ask for a copy of Idaho Extension Bulletin 320 "Idaho Farm and Home Bulletins." It contains a complete list of Idaho agricultural publications. Federal bulletins and mimeographed material are also available for your use, most of them without charge.

FOODS



GROUP 1 — FRUITS AND VEGETABLES

Green and Yellow Vegetables

(such as broccoli, carrots, chard, spinach, turnip greens, and leafy greens)



Vitamin C Rich Fruits and Vegetables

(such as grapefruit, oranges, lemons, berries, broccoli, green peppers)



Other Fruits and Vegetables

(including potatoes, corn, lima beans, turnips, onions, apples, peaches, pears, plums)



GROUP 2 — MILK

(or its equivalent in cheese, cream, milk, or ice cream)



GROUP 3 — MEAT

(including meat, poultry, fish, eggs, peas, and nuts)



GROUP 4 — BREADS, CEREALS, AND PASTA

(Whole grain, enriched or refined)



BUTTER AND OILS

SWEETS

* These amounts are approximate figures are not

ANNUAL F

THIS MUCH I

— in a day

VEGETABLES	
ard, kale, pumpkin, other dark green	A serving daily
vegetables cantaloupe, straw- er)	1 serving daily—good source
a beans, beets, par- s, berries, cherries,	2 servings daily including potatoes
vaporated milk, dry	3 or 4 cups for children 4 or more for teenagers 2 or more for adults
t, eggs, dried beans,	2 or more servings daily
ALS ored)	4 servings or more daily
OTHER FATS	Some every day
	As used in menus

are approximate. Where a range of figures is given, the lower one is given for teenagers. Pregnant and nursing women require more fat.

A N

	Foods needed for family members for 1 year
potatoes (teenage boy) other fruits and other	
78 gallons 91 gallons 6 gallons	
meat, fish, poultry eggs beans, peas, nuts	
light in terms of flour (teenage boy) — 1 lb. flour	
this includes sugar for	

Other figures refer to adults and teenagers if separate

[illegible]